

Full Report (All Nutrients) 12135, Nuts, mixed nuts, dry roasted, with peanuts, without salt added

Report Date:October 08, 2015 03:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 137g	1 oz 28.35g
Proximates						
Water	g	1.75	--	--	2.40	0.50
Energy	kcal	594	--	--	814	168
Energy	kJ	2485	--	--	3404	704
Protein	g	17.30	--	--	23.70	4.90
Total lipid (fat)	g	51.45	--	--	70.49	14.59
Ash	g	4.15	--	--	5.69	1.18
Carbohydrate, by difference	g	25.35	--	--	34.73	7.19
Fiber, total dietary	g	9.0	--	--	12.3	2.6
Minerals						
Calcium, Ca	mg	70	--	--	96	20
Iron, Fe	mg	3.70	--	--	5.07	1.05
Magnesium, Mg	mg	225	--	--	308	64
Phosphorus, P	mg	435	--	--	596	123
Potassium, K	mg	597	--	--	818	169
Sodium, Na	mg	12	--	--	16	3
Zinc, Zn	mg	3.80	--	--	5.21	1.08
Copper, Cu	mg	1.279	--	--	1.752	0.363
Manganese, Mn	mg	1.937	--	--	2.654	0.549
Vitamins						
Vitamin C, total ascorbic acid	mg	0.4	--	--	0.5	0.1
Thiamin	mg	0.200	--	--	0.274	0.057
Riboflavin	mg	0.200	--	--	0.274	0.057
Niacin	mg	4.700	--	--	6.439	1.332

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 137g	1 oz 28.35g
Pantothenic acid	mg	1.205	--	--	1.651	0.342
Vitamin B-6	mg	0.296	--	--	0.406	0.084
Folate, total	μg	50	--	--	68	14
Folic acid	μg	0	--	--	0	0
Folate, food	μg	50	--	--	68	14
Folate, DFE	μg	50	--	--	68	14
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	1	--	--	1	0
Retinol	μg	0	--	--	0	0
Vitamin A, IU	IU	15	--	--	21	4
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	6.899	--	--	9.452	1.956
8:0	g	0.045	--	--	0.062	0.013
10:0	g	0.045	--	--	0.062	0.013
12:0	g	0.271	--	--	0.371	0.077
14:0	g	0.216	--	--	0.296	0.061
16:0	g	4.213	--	--	5.772	1.194
18:0	g	1.749	--	--	2.396	0.496
Fatty acids, total monounsaturated	g	31.395	--	--	43.011	8.900
16:1 undifferentiated	g	0.223	--	--	0.306	0.063
18:1 undifferentiated	g	30.802	--	--	42.199	8.732
20:1	g	0.259	--	--	0.355	0.073
Fatty acids, total polyunsaturated	g	10.768	--	--	14.752	3.053
18:2 undifferentiated	g	10.535	--	--	14.433	2.987
18:3 undifferentiated	g	0.190	--	--	0.260	0.054
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.264	--	--	0.362	0.075
Threonine	g	0.597	--	--	0.818	0.169
Isoleucine	g	0.744	--	--	1.019	0.211
Leucine	g	1.371	--	--	1.878	0.389

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Lysine	g	0.712	--	--	0.975	0.202
Methionine	g	0.228	--	--	0.312	0.065
Cystine	g	0.287	--	--	0.393	0.081
Phenylalanine	g	0.953	--	--	1.306	0.270
Tyrosine	g	0.676	--	--	0.926	0.192
Valine	g	0.934	--	--	1.280	0.265
Arginine	g	2.242	--	--	3.072	0.636
Histidine	g	0.480	--	--	0.658	0.136
Alanine	g	0.806	--	--	1.104	0.229
Aspartic acid	g	2.056	--	--	2.817	0.583
Glutamic acid	g	4.423	--	--	6.060	1.254
Glycine	g	1.064	--	--	1.458	0.302
Proline	g	0.875	--	--	1.199	0.248
Serine	g	0.917	--	--	1.256	0.260
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0

Langual Code(s)

- A0260 NUT OR NUT PRODUCT (US CFR)
- A1282 1200 NUT AND SEED PRODUCTS (USDA SR)
- B1213 NUT
- C0155 SEED
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0005 BAKED OR ROASTED
- H0124 PEANUT OR PEANUT BUTTER ADDED
- H0138 WATER REMOVED
- H0757 TREE NUT ADDED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE